# Effective Techniques to Improve Concentration by Cody

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Concentration is one of the most important rudiments required to accomplish any task or goal in life. If you are not able to focus or concentrate on the given task, then you are more likely to fail or settle for something lesser than what you had actually anticipated. So, it is very important to have good concentration levels in order to be successful. There are different techniques to improve the concentration levels. Given below are simple and effective techniques to ameliorate concentration.

First of all, let us start with the basic question- What is concentration? It is nothing but the process or act of keeping your mind away from all the outside thoughts or distractions and staying focused on what you are doing. Concentration is something wherein you try and bring all your focus and thoughts towards one primary task in order to attain a particular goal. Concentration and memory always work in tandem. Good concentration skills help to improve the memory power. Instead of trying to do many things, it is always good to take things one at a time. Now let us take a look at some of the effective techniques to improve our concentration levels.

A simple exercise to improve your concentration can be done by drawing the number 8 in sideways on a blackboard or big piece of chart. Start off by drawing bigger figures of 8 (like the infinity symbol) with your right hand, left hand; then with both hands. Subsequently, draw smaller figures of 8 using your right, left and with both hands. Likewise, keep drawing smaller figures until they become tiny. Though this task sounds simple, it requires a lot of undivided attention for anyone to do this task correctly. After you have successfully drawn tiny figures, try drawing the figure 8 in the air. By doing this exercise regularly your visual fields, hand-eye coordination, and memory will improve.

When you prepare your to-do list, make sure that you donâ€™t try to squeeze in too many tasks at a time and make it look clumsy. Come up with the right time estimate for each task with proper time breaks in between the tasks and plan your daily schedule accordingly. This way, you are making sure that your focus is only on one task at a time.

A very useful strategy to improve your concentration is the â€œ5 more ruleâ€•. While doing a task, you are more likely to get frustrated and losing your focus and subsequently quitting it. A popular book about concentration says, â€œThe 5 more ruleâ€• will help you get over any such hindrance. The next time you get frustrated or bored while doing a task, just try to go for five more. Think that you can take a break or relax after doing that 5 more. If you are reading a book, just try to read 5 more pages, if you are working on math problems, try to solve 5 more; if you are working on any other assignment try to work on it for 5 more minutes. This will help you get past that endurance level and help you get back the concentration. The logic is simple. Once you get past that hurdle, then there is no stopping you. If you are looking for more such tips from the best-selling books written about improving concentration then you may surf the web using Internet connection services availed by any of the popular providers like ATT Uverse and download the pdf.

And it is also important that the atmosphere is pleasant to work. Ensure that the atmosphere is quiet, relaxed and without any distractions. Working in such atmospheres helps to bring the best out of your ability. Give yourself a reward after finishing the task. The reward can be food, talking to your girlfriend, or anything you like for that matter. This kind of approach always keeps you motivated and brings the best out of your abilities.

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